

# C.A.R.E. Program Virtual Offerings



This is an opportunity to focus on YOUR health and wellness. Attend these **FREE** virtual support groups, art therapy and stress management sessions designed especially for All Of You! All of our classes are open to caregivers, patients, family, friends, employees and the community. For more details and to register, please visit the website.

**Register Here:** [www.henryford.com/caregiverwellness](http://www.henryford.com/caregiverwellness)

**Registration Required for each class due to limited capacity.**

After registering, a link for the class will be sent.

Participants can join by telephone, computer, tablet, or iPad to connect.

Monday	<i>Caregiver Self-Care Topics</i>	2nd Monday of every month at 11am and 6pm
	<i>Advance Care Planning</i>	3rd Monday of every month at 11am
	<i>Caregiver Educational Topics</i>	4th Monday of every month at 11am
Tuesday	<i>Caregiver Support Group</i>	Every Tuesday at 11am and 6pm
Wednesday	<i>Creative Mindfulness with Art</i>	Every Wednesday at 10am
	<i>Advance Care Planning</i>	3rd Wednesday of every month at 6pm.
	<i>Caregiver Educational Topics</i>	4th Wednesday of every month at 6pm
Thursday	<i>Creative Mindfulness With Art</i>	Every Thursday at 6pm
	<i>C.A.R.E. Program Overview</i>	3rd Thursday of every month at 10am
Friday	<i>Kids Art Club</i>	Every Friday at 11am beginning 1/8

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CLASS	DATES AND TIMES	ADDITIONAL DETAILS
<b>Caregiver Support Group</b>	Every Tuesday at 11am and 6pm	Join fellow caregivers and care giving experts for support and information.
<b>Creative Mindfulness With Art</b>	Every Wednesday at 10am and every Thursday at 6pm	A new project will be offered every week and lead by Kelly Darke, a Registered Art Therapist. Topics covered will focus on self-awareness, support systems, gratitude, and reframing negative thoughts.
<b>Knitting/Crocheting with Kelly: A Self-Care Activity Series</b>	6-week series beginning January 27-March 3 at 12pm.	Some knitting/crocheting experience preferred. Participants are encouraged to attend the entire 6-week series. A new stitch will be taught each session.
<b>Kids Art Club</b>	Every Friday at 11am beginning 1/8	This class is designed for school-aged kids. All sessions will be taught by Kelly Darke, Registered Art Therapist. TAB - Teaching Artistic Behavior is a "learner-directed approach that meets the needs of all learners through choice, agency, flexibility, and emergent curriculum."
<b>Advance Care Planning</b>	3rd Monday of every month at 11am and 3rd Wednesday of every month at 6pm.	Participants will learn the importance for having an advance directive, what a medical durable power of attorney is, and the legal requirements for an advance directive to be valid in Michigan.
<b>Caregiver Educational Topics</b>	4th Monday of every month at 11am and 4th Wednesday of every month at 6pm	A new topic will be offered each month by a Henry Ford Health System expert in their field. Topics include: Caregiver resiliency, Estate Planning 101, Medication Safety, and Fall Prevention in the home.
<b>Caregiver Self-Care Topics</b>	2nd Monday of every month at 11am and 6pm	Caregiver Self-Care classes are designed to help identify and support you, the caregiver. Each month will offer a different self-care topic.
<b>Lunch and Learn</b>	Dates and times vary each month	During the virtual lunch and learn session, participants will provide their own meal while learning about a specific community resource that may be helpful to their caregiving situation. Time will be provided for participants to ask questions.
<b>C.A.R.E. Program Overview</b>	3rd Thursday of every month at 10am	This is a basic informational session to learn about the Henry Ford Health System C.A.R.E. Program.



ALL FOR YOU

Questions: email [CaregiverResources@hfhs.org](mailto:CaregiverResources@hfhs.org) or call (866) 574-7530  
Classes are sponsored by Henry Ford Health System C.A.R.E. Program  
(Caregiver Assistance Resources And Education) and iCare4U ERG